

Ming Chuan University Enforcement Rules for Physical Fitness Requirements

Passed at the Academic Affairs Committee Meeting on June 3, 2010

Passed at the Academic Affairs Committee Meeting on May 15, 2014

Passed and Upon Revision at the Academic Affairs Committee Meeting on May 18, 2017

Passed at the Academic Affairs Committee Meeting on May 2, 2019

Article 1 These regulations were established in accordance with the Ming Chuan University Procedures for Proficiency-based Graduation Requirements.

Article 2 As to cultivate students' regular sports participation, to enhance self-awareness of personal health, and to improve overall wellness with balanced development, these regulations are in accordance with the Health-related Physical Fitness promoted by the Ministry of Education and are incorporated as graduation requirements. Students who participate and attain the physical fitness assessment requirements will pass the physical education graduation requirement.

Article 3 Target: Undergraduate students of 2nd and 3rd year need to participate in the physical fitness assessment in accordance with Article 4.

Article 4 Implementation:

- (1) During the 2nd semester of every academic year, the assessment schedule for undergraduate students of 2nd and 3rd year and transfer students of the 2nd semester will be posted.
- (2) During the 2nd week of the 1st semester of every academic year, assessment will be conducted for undergraduate students of 2nd year who studied abroad, transfer students of the 1st semester in the 3rd year, and special case students. Students need to bring relevant documentation for review to the Physical Education Office in the 1st week to register for assessment. Those who pass the review will have the assessment conducted in the 2nd week. Those who do not pass the review will be viewed as having incomplete assessment, and will be processed according to Article 8 of these enforcement rules.
- (3) At the end of the 1st semester of every academic year, the re-assessment schedule for 3rd year undergraduates enrolled in physical education courses will be posted.

Article 5 Competence indicator establishment:

The sports capability assessment items and the quantitative indicators are in accordance with norms published by the Ministry of Education Health-related Physical Fitness and the historic norms of results at the university.

Article 6 Assessment items:

- (1) Flexibility: sit and reach
- (2) Muscular Endurance: one-minute sit-ups
- (3) Power: standing long jump

(4) Cardio Respiratory Endurance: male 1,600-meter, female 800-meter run/walk

Article 7 Passing criteria:

The scores are in accordance with the Ming Chuan University Physical Fitness Score Correspondence Chart for which students need to complete four physical fitness items with an average score of 60 or above to meet the graduation requirements for sports capability.

Article 8 Students who have not passed the assessment and missed the assessment deadline should take the 3rd-year physical education course. Upon passing the course or reassessment, they will meet the graduation requirements for physical fitness.

Article 9 Exceptions:

- (1) Seriously ill students should submit medical proof or a valid special education student evaluation proof from the Ministry of Education or a disability handbook two weeks prior the assessment date of the 2nd semester of their 2nd year to the Physical Education Office. Upon review by the Physical Education Office, the Campus Health Services Section, the Counseling and Guidance Center, and Campus Health Services Section, then reported to and approved by the president, these students can be exempted from the assessments.
- (2) Students with a specific illness should submit medical proof to the Physical Education Office two weeks prior the assessment date of the 2nd semester of their 2nd year to the Physical Education Office to apply for adjusting assessment items. Upon review by the Physical Education Office, students can be assessed for just 2 of the items according their ability. Those unassessed items will be recorded as passed. Students who miss or fail the assessment are processed in accordance with Article 8.

Article 10 Students who meet the graduation requirements for physical fitness are reported by the Physical Education Office as having passed the assessments.

Article 11 Upon being passed at the Academic Affairs Committee Meeting and approved by the president, these enforcement rules are implemented. Any revision must follow the same procedures.

****In the event of any inconsistency or discrepancy between the Chinese and other language versions of this document, the Chinese version shall prevail.****